



# Certified Men's Health Counselor Online Course Instruction Manual

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By:

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# Certified Men's Health Counselor Online Course Rules & Conditions

1. To be a part of this course you need to print each session. Be sure to write your name, telephone, e-mail address, and shipping address at the top of each page of the **Question and Answer page before you e-mail or fax it back to us for grading. You will receive a Question and Answer session at the end of each session. Fax it back to us at 530-878-1119 or e-mail it to us at [iridology@netzero.net](mailto:iridology@netzero.net). There is no time limit as to when the Question and Answer session must be completed. However, we do recommend that you complete each session within the week you receive it so you do not get behind in the study.**
2. To be eligible for Certification you must complete all 16 sessions of the online course. You also need to let us know that you want to become certified. At the end of the 16 sessions you will be given a test. You must give correct answers to 80% of the questions in **the Test**. Scores are **not** averaged for an overall grade.
3. You must not loan, sell or reproduce this online course in any form. **To do so is cause for expulsion from certification from Joyful Living Services.** This provision is to protect the integrity of the certification. Such protection is further assured by periodic rotating and changing of the questions.
4. You must not edit or share the instruction sessions or test. You must e-mail or fax your Question and Answer session to us as well as the final test where they are maintained as part of your permanent file.
5. In the event of failure: If you should fail the final test, you may repeat the test after a wait of 30 days. There will be a re-examination fee of \$15.00 to cover the costs of new materials, regrading and filing. Should you fail on this second attempt, you must then wait 60 days before making a third attempt. These mandatory delays are for the purpose of continuing study and preparation on your part.
6. When you have completed all sixteen sessions and question and answers, you will receive a bound final test. You must fill out the box at the bottom of the First Page of the Test Packet and have it notarized. There is a notarization form provided.
7. There is no time limit on the completion of this Online Course. Most candidates are full-time practitioners with little time to be able to rush through this course. So please take your time and get it correct the first time.
8. You may drop the online course at any time by notifying us. No refunds will be given if the course is dropped in the middle of any given month.
9. If you have any questions at any time, please e-mail your questions to [iridology@netzero.net](mailto:iridology@netzero.net), fax them to 530-878-1119, or call us at 530-878-1119. We will answer your questions and spend as much time as necessary to help answer your questions.
10. The time you need to study and answer the questions for each session will vary on the amount of iridology you already know and understand and the amount of information we decide to send you. Each session can take you anywhere from one-half to three hours but should not take you longer than three hours to study and answer the question and answer.

NOTE: Joyful Living Services reserves the right to change the test questions for any test repeated.

NOTE: All information regarding a candidate's grades, or the fact of any failures, is kept strictly confidential and is not released to any person.

# **CERTIFIED MEN'S HEALTH COUNSELOR ONLINE COURSE**

## **SESSION 1:**

- **COURSE OVERVIEW**
- **COURSE DEFINITION**
- **INTRODUCTION TO WOMEN'S HEALTH**

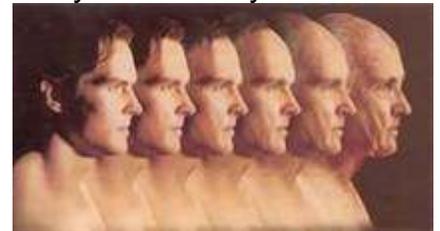
### **Course Definition**

Men's health refers to health issues specific to human male anatomy. These often relate to structures such as male genitalia or to conditions caused by hormones specific to, or most notable in, males. This course is designed to teach you about your body and how to keep it healthy as you live your life to its fullest.

### **Course Details**

This course contains 16 lessons on the web. The files are in PDF format and are ready to download. You will receive a certificate at the end of this course and you can carry the CWHC initials after your name once you have passed the course.

There is homework with each session and there is a test at the end of the course. The homework and test will be graded as you turn them in. They will need to be mailed, faxed, or e-mailed to us.



This course is on your own time so you can complete the lessons at your own pace. If you are going on vacation, are ill, or don't have the time every week to read the lesson and complete the homework you will not be penalized. Because this course is online and is on your own time, you are responsible for turning in your homework when it is done. You will receive your certificate once all the homework has been turned in and once your final exam is graded and passed at 85%.

### **Course Schedule**

Session 1: Introduction to Men's Health

Session 2: Diet and Fitness and Routine Health Maintenance

Session 3: Athletic Safety

Session 4: Prostate Problems, Prostate Cancer, Screening Programs, and Herbal Programs

Session 5: Heart Health, Heart Attack, Cardiac Arrest, Strokes, and Herbal Programs

Session 6: Sexual Health and Herbal Programs

Session 7: Male Menopause and Testosterone

Session 8: Urinary Incontinence and Herbal Programs

Session 9: Anger Management and Male Myths

Session 10: Diabetes, Lung Cancer

Session 11: High Blood Pressure, High Cholesterol, and Herbal Programs

Session 12: Health Tips for Men in their 20's, 30's, 40's, 50's, 60's, and Up

Session 13: Hair Loss and Herbal Programs

Session 14: Weight Control

Session 15: Looking Your Best and Herbal Programs

Session 16: Herbal Programs for Men's Health Issues

Session 17: References

Session 18: Final Exam, Certification, and Class Evaluation

## **Introduction to Men's Health**

Men's health problems can be unique to their gender, such as erectile dysfunction, prostate and testicular cancer, and those that also strike women but affect men more, such as heart disease, stroke, lung cancer, accidents and suicide.

Thankfully, most men's health threats are largely preventable. Make healthy lifestyle choices, such as eating a healthy diet and including physical activity in your daily routine. It's also important to manage risky behavior, such as drinking too much and engaging in casual sex. Of course, common-sense precautions — such as using safety ladders and wearing a seat belt — count, too.

As you get older, your men's health concerns are likely to change. Could a beer gut lead to health problems? Is male menopause a myth or a true men's health issue? Could testosterone therapy help you feel young again?

- The average life expectancy of a man has increased dramatically.
- Thanks to advancements in our socio-economic status in modern society and also improvement made in health care technologies, we can now live longer.
- Average lifespan for both men and women at birth is 66.26 years (64.3 years for males and 68.35 for females) according to CIA World Fact Book.
- 67.2 years (65.0 years for males and 69.5 years for females) for according to the United Nation World Population Prospects.
- A person who is 65 years old in could expect to live to 82 years old with some individuals living beyond the age of 100.
- Before that, illness would cut the lifespan of a man to 40 years old.
- Men's body suffers through illnesses and accidents.

## What Men Will and Won't Do

- Men want to continue to live an independent and healthy life since modern science has given them extra years to live.
- No men want to be weak going through their golden years.
- Men should work towards being healthy and enjoy their golden years.
- Detection of illnesses at an early stage will increase their potential of a cure and a return to health.
- It is equally important that the longer men live, the better quality life they have.
- Their ability to enjoy life to the fullest requires them to spend time and effort in their health maintenance and disease prevention.
- This effort they put in will be rewarded immediately and it is never too late to start.
- A man's body is like a machine, example a car. A car requires regular maintenance which enables it to last longer in a working and running condition. When a car reaches a certain mileage, they need to routinely change the engine oil, filters and rotate the tires to keep it running smoothly.
- Men follow a carefree attitude towards their health.
- Men see their doctor only when there is something wrong with them, normally already reaching serious state and condition.
- Men do not go for regular health check-ups and preventive health care. They risk their health or even their life by taking risky behavior activities and substance abuse.

Disease occurs when a man reaches middle age and beyond. It would be good to start considering regular health screening. Check for basic things like,

1. BMI (height and weight)
2. Blood pressure
3. Cholesterol and so on...

A time tested formula for healthy living is a,

- Balanced diet
- Regular exercise
- Good habits
- Early health checks
- Whatever the time, it is never too late to start.
- Do not put it off because of work, family and time pressure.
- All that is needed is a change of attitude.
- A healthy lifestyle is not about the absence of a disease but about our opportunity to enjoy the years of life available to us.

Our bodies are incredibly complex machines that require fuel components (food, water, and air) to grow, function, and repair. Like any machine, the body requires routine maintenance to make it last a long time and to function well throughout a person's life expectancy. As in life, accidents happen and cosmetic injuries occur, but it is the "guts" of a car, the engine, transmission, and brakes that will decide if it will be happily driving down the road or sitting in the junkyard.

Our bodies suffer through illnesses and accidents and many are unavoidable. Taking care of your body also includes scheduled maintenance and screening examinations to detect illnesses at an early stage, which increases the potential for cure and a return to health. Learning to listen to the body's warning signs and symptoms is the same as paying attention to the check engine light in your car, neither should not be ignored.

A healthy lifestyle is not just an absence of disease but an opportunity to enjoy the years of life available to each person. Medical care can help the body maintain its performance as it ages. A longer life expectancy should not be considered a jail sentence to inactivity. But as the body ages, there is an expected and normal physiologic change in some of the hormones in the male body.

### **Women and Men: Ten Differences that Make a Difference**

1. **Heart Disease** – Heart disease kills 500,000 American women each year – over 50,000 more women than men – and strikes women, on average, 10 years later than men. Women are more likely than men to have a second heart attack within a year of the first one.
2. **Depression** – Women are two-to-three times more likely than men to suffer from depression, in part because women's brains make less of the hormone serotonin.
3. **Osteoporosis** – Women comprise 80 percent of the population suffering from osteoporosis, which is attributable to a higher rate of lost bone mass.
4. **Smoking** – Smoking has a more negative effect on cardiovascular health in women than men. Women are also less successful quitting smoking and have more severe withdrawal symptoms.
5. **STDs** – Women are two times more likely than men to contract a sexually transmitted disease, and more likely to experience significant drop in body weight, which can lead to wasting syndrome.
6. **Anesthesia** – Women tend to wake up from anesthesia more quickly than men – an average of seven minutes for women and 11 minutes for men.
7. **Drug reactions** – Even common drugs like antihistamines and antibiotic drugs can cause different reactions and side effects in women and men.
8. **Autoimmune Disease** – Three out of four people suffering from autoimmune diseases, such as multiple sclerosis, rheumatoid arthritis, and lupus, are women.
9. **Alcohol** – Women produce less of the gastric enzyme that breaks down ethanol in the stomach. Therefore, after consuming the same amount of alcohol, women have higher blood alcohol content than men, even allowing for size differences.

10. **Pain** – Some pain medications (known as kappa-opiates) are far more effective in relieving pain in women than in men.

## **Heart Disease and Stroke**

Heart disease is the number one killer of men, who are at higher risk of suffering from the illness than women. But they can work to prevent heart disease by consuming a diet low in saturated fat, including at least two and a half hours of exercise a week, avoiding smoking, limiting alcohol intake, and controlling blood pressure and cholesterol levels.

## **Cancer**

Lung cancer is the number-one killer of men, and, consequently, stopping smoking is the best way to prevent getting the disease. Prostate cancer is the second-leading type of the disease in men, so having a regular prostate exam and prostate screening tests are recommended. Testicular cancer is a leading cancer in boys and young men, who should learn to perform testicular self-exams. In addition, men and boys who work or play in the sun should wear sunscreen and clothing that covers their arms and legs to prevent skin cancer. Symptoms that should be evaluated by a physician include weight loss, appetite loss, weakness, fatigue, coughing up blood, blood in the urine or stool, and new lumps and bumps. Moles and skin lesions that are new, have grown or changed in size or color, or itch or bleed should be treated by a doctor.

## **Accidents**

Men are more likely to be injured in an accident and are twice as likely as women to suffer a traumatic brain injury. In addition, they are 12 times more likely than women to suffer a workplace injury, and male high school students are less likely to wear seat belts than their female counterparts. Accordingly, males should never drive under the influence of alcohol or drugs, wear a helmet and make safety a priority in the workplace.

## **Suicide and Depression**

Although women are more likely to attempt suicide, men are more likely to die as a result. In 2004, 80 percent of suicide deaths were men. It is thought that that phenomenon is a result of men being less likely to talk about their problems or seek help. Signs of depression include feeling stressed, overwhelmed, irritated, and argumentative, having trouble sleeping, a loss of energy, a gain or loss of weight and a loss of interest in normal activities.

## **Sexually Transmitted Diseases**

Painful urination, such as the feeling that you are urinating glass can be a sign of gonorrhea, which can increase the likelihood of developing HIV. Chlamydia is also common, and men may transmit it without symptoms, causing pelvic inflammatory disease and infertility. Get tested, know your HIV status, and share those results with your partner.

## **Erectile Dysfunction**

Erectile dysfunction, the persistent inability to attain or maintain an erection for sexual intercourse, affects between 10 and 20 million men in the U.S. It is often caused by blood vessel diseases, although up to a quarter of cases are due to side effects from medicines for hypertension or depression. Other causes include smoking, chronic alcoholism and, rarely, low testosterone. Medicines such as sildenafil (Viagra), tadalafil (Cialis), and vardenafil (Levitra) are used to relax smooth muscles to enhance erection. Men who take nitrates and some blood thinners should not take these medicines, and those who have a history of stroke, heart disease or blood pressure problems should discuss erectile dysfunction with their physician before proceeding with any course of treatment.